



Roll No:

--	--	--	--	--	--	--	--	--	--

**The Assam Royal Global University, Guwahati**

**Royal School of Medical and Allied Sciences**

**Generic Elective, 8<sup>th</sup> semester**

**Semester End Examination, June 2023**

**Course Title: Principles of Exercise Therapy**

**Course Code : PHT242G202**

**Time: 3 Hours**

**Maximum Marks: 70**

**Note: Attempt all questions as per instructions given.**

*The figures in the right-hand margin indicate marks.*

**Section – A**

1. Attempt **all** questions. (Maximum word limit 50) 2 x 8
- Define gravity.
  - Explain the types of muscle contraction.
  - Define line of gravity.
  - Define Energy.
  - Explain in brief about the exercises performed to improve the neuromuscular co-ordination.
  - Define co-ordinated movements.
  - Define active movements.
  - What are levers?

**Section – B**

2. Attempt **any one** of the following: 12 x 1
- Describe the mechanical principles of exercise therapy.
  - Define movement. Write a note on introduction to movement.
3. Attempt **any two** of the following: 7 x 2
- Write in details about the muscle work, effects and uses in hanging.
  - Write a note on standing.
  - Write a note on resisted exercises.
4. Attempt **any two** of the following: 7 x 2
- Write about the nervous control.
  - Write about the exercises to promote movement and rhythm.
  - Explain in details about the neuromuscular co-ordination.
5. Attempt **any two** of the following: 7 x 2
- Define active assisted exercises. Write in details about the techniques and effects and uses of active assisted exercises.
  - What are passive movements? Write the principles of giving relaxed passive movements.
  - Write in details about the various derived positions.